

MARION MARTINEAU OUTLINES THE WAY TO GET A CLEAR WINTER COMPLEXION.

Smooth, Healthy Skin Belongs to the Woman Who Goes Out Into the Open Air for Hours of Exercise and Who Knows How to Massage When She Returns Home.



Those who can procure fresh strawberries have at their disposal the very best cosmetic that is known.

The berries, with their acids and their bleaching properties, will make the skin very near perfection, and if the cuticle be scaly and dry, the strawberry juice will make it plump and pink and pretty.

Cucumber juice is best applied in the perfectly natural state.

The cucumbers, which should not be peeled, are split lengthwise and the strips applied to the face.

They are bound on and the juice is allowed to dry there.

But the complexion must be prepared for this cucumber treatment.

A famous Parisian beauty applies a very hot, soapy lather to her skin.

She puts it on with a man's shaving brush and she uses a very pure soap and plenty of it.

She does not try to save in the matter of soap, but uses the lather very freely.

It must be as hot as possible, and it is a good thing to let it remain on the face a few minutes, just as though one were about to shave.

It is important, however, to take a good thing to let it remain on the face a few minutes, just as though one were about to shave.

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A treatment of this kind will tend to bring out the natural tones of the skin and to make it a pretty pink rather than a pasty yellow.

To preserve a nice pink skin there is nothing better than to live in a city of parks.

Where you see a city dotted with parks you will see a generation of women with pink cheeks, red lips and clear eyes.

The air is a great cosmetic, and, if a woman understands the care of the skin, along with the breathing of the air, she will have two elements or conditions that are almost irresistible from a standpoint of beauty.

She will gather beauty as she breathes.

The very red cheeks of the present day belle can be largely attributed to her outdoor life, but also there is the cosmetic element.

She knows how to take care of her skin.

She knows what to eat and what to let alone. She knows what to wear and what not to wear.

She knows what exercise to take and what to avoid.

THE FARMER'S DAUGHTER.

The taking of fresh air will not alone give a glowing color.

The farmer's daughter who lives out of doors may have a pasty complexion caused by her diet, while the city girl who sells papers on the corner may bloom like a rose.

One lives on pie and cake and indigestibles, the other on apples and other fruits.

You cannot depend upon fresh air alone for there must be other things taken into the system along with the air.

But there are conditions that are ideal and they are within reach of almost every woman and these are conditions of hygienic life.

The woman who cannot take full advantage of them is the working woman; the woman who must remain indoors all day at her work or her desk; the woman who cannot benefit to the greatest extent by them is the housewife who must stand over the hot stove part of the day and delve with the broom and pan the remainder.

But there are thousands and thousands who can spare the time to be pretty, and if these women would approximate the ideal they must begin by doing the right things.

They must not eat fresh bread while it is yet engaged in the process of fermentation. They must not sleep in a room that is crowded with a quantity of dust-gathering bric-a-brac.

They must not rise late, dress hastily and eat heavily for breakfast.

They must not idle away the day at

reading or light fancy work, taking no outdoor exercise.

They must not dress elaborately and tightly in the evening, finishing the night with an indigestible supper.

They must not violate the laws of hygiene, which are also the laws of beauty. For these, if violated, will bring punishment sooner or later, usually sooner.

And the punishment will fit the crime.

AN ACTIVE LIFE.

If the woman who is pasty in skin and who desires to get a pretty complexion will resort to regimen for a few weeks she will soon show a great improvement.

One woman whose face was thin and whose body was fat resolved to reverse the order of things.

Being advised to diet and exercise she resolved to lead and live the life of a man.

For one whole month this woman rose at 7 o'clock, which was her husband's time of rising.

She dressed fully, ate a light breakfast and when he went to his place of business, she went for a walk.

She walked until noon, in and out the shops, calling, sight-seeing, always on the go.

At noon she ate a light and almost hasty lunch. And all the afternoon she kept up her round of walking, calling and sight-seeing.

By 8 o'clock she was worn out and ready for the dinner hour. In the evening she rested.

Her household tasks went undone, but she grew slender and pretty and full of health. After a month her husband told her she looked like the girl he had married fifteen years before.

It was the life of activity which restored her color, her figure, her beauty and her youth.

As a rule women grow gross long before their husbands and sail long before their time.

They live active lives, but it is not the sort of activity which preserves the good looks.

The woman who rocks and sews, who hangs the curtains and cooks the dinner, whose duties are confining, will not stay young; the woman who embroiders and worries, the woman who cultivates headaches and whose aches and pains engross her mind, will not remain youthful.

It is the woman who sets young, who tries to be young, who gets out in the open and enjoys herself, this is the woman who retains her youth and her spirits.

This is the woman whose complexion is as rosy at 30 as it was in the heyday of her youth.

LETTERS FROM ANXIOUS READERS.

Mrs. P. T.—Is there any way I can preserve my face?

I find them of so much benefit that I would like to keep them.

I would like to be able to read them over from time to time, always cleaning new hints.

Thank you for your kind words. It is

gratifying to know that the talks are appreciated.

Several of the readers of this column have written the talks into a scrapbook, which they keep for permanent reference.

Mrs. T.—Where can I purchase a bottle of your eyebrow grower?

I would pay anything to get it.

Make it for yourself. It is not for sale, and this is the only way of getting it.

If your eyebrows are thin and scraggy make a pleasant bottle of red vaseline and melt in a double boiler.

Thin it with pure almond oil until it is about the consistency of cream. Apply at night with a clean hair brush.

Mrs. X.—I want your advice and will do just as you suggest.

Tell me what can be done by me to make my hair grow stronger and to keep away the gray hairs.

For one year and the hair corresponded there to this advice about gray hair.

Wet the hair with cold water and massage the scalp, picking it up in little bunches until the roots are completely agitated.

On alternate nights rub a little pure olive oil into the roots, using very little oil and just enough to moisten the roots.

Mrs. G.—My hair is so very fine and so very straight that I cannot dress it becomingly.

Give me your advice. I would like to wear it in a wavy pompadour.

You can do so. Shampoo your hair well and dry thoroughly.

Do it up in metallic curls and leave overnight.

Next morning have an assistant pull the curls with a warm iron until the hair is perfectly dry.

The trouble with fine hair is that it holds the moisture too long. It must be as dry as a bone or it will not curl.

Mrs. O.—Give me your treatment for superfluous hair.

There is no one treatment that will benefit everybody.

The salve stick is very good in some cases; in others powdered pumice is better, scrubbed on the hair until the hair is clean; others find that tweezers will do the work.

Apply diluted ammonia afterward, and others have accomplished the feat of removing the hair with peroxide of hydrogen and ammonia mixed together.

Mrs. K.—Tell me about electrolysis. Is it expensive and is it painful?

It is generally regarded as expensive, though it is not necessarily painful.

Mrs. G.—Let me thank you for your advice about the electric needle.

I purchased a needle, and, attaching it to an electric battery, I took all the hair off my face.

It was slow work and I could clean a little patch a day. But I finally did it all with very little trouble.

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BY MARION MARTINEAU.

The brilliant girl is coming in vogue and the fair-skinned type is going out. This means that the new girl will be rosy, as a poppy and that her face will shine with color as well as with health. Color is not always the sign of health. A lily is quite as healthy as a rose, yet it is much paler.

So, must pink her ears and her chin, tint the delicate white of her temples and must bring out the brilliant light of her cheeks.

Fancy going into training to make your face bloom.

Yet such is what you must do.

You must bring out its high lights and its own natural tones until your face is as rosy and smiling, as dimpled and as natural as it was when you were a child.

The old-fashioned way, so our grandmothers will tell you, was to rub the cheeks with a crash towel; and many a

girl of the 1830 days was compelled to go over her face vigorously with the towel at least twice a day, rubbing the skin until it was a bright, glossy red.

The result was good enough for the time being.

But, oh, so bad in the long run.

The vigorous rubbing coarsened the skin and brought the blood vessels to the surface, and at the age of 30, and sometimes even younger, the skin was hopelessly gone.

Hard rubbing will cause those blue lines to come to the surface of the skin, those little blood vessels which are sometimes made of red blood and sometimes of blue.

They are not pretty, and when they cover the cuticle, as with a heavy network of veins, they are positively disgusting.

TREATING THE SKIN.

Strange to say, the nose is the first to become coarsened by this heavy, rough treatment.

The blood vessels seem to enlarge quickly and the nose has a heavy, blowy look that is unspeakably awful.

A great many women coarsen the nose unconsciously.

The part of the face which receives the severest treatment is the nose and the top of the cheek bones.

These are scrubbed until the surface of the skin is injured and the cuticle irritated.

The result is a congestion of the little blood vessels and a network of tiny red lines just below the surface.

Noses are hopelessly injured in this manner.

Another cause of a very florid, rough and mottled face, is the habit of going out into the cold air directly after washing the face.

A woman whose skin was so rough that she could not use powder upon it and so mottled that she looked as if about to go into a stroke of apoplexy found that the entire condition was caused by her habit of throwing open her window shutters in the morning.

It was her custom to rise, bathe and then go to the window, throw open the blinds and look out a minute.

The cold air, striking the sensitive skin, still warm from the morning ablutions, acted as a very decided irritant and roughener.

The face must be made to glow in quite another way.

It requires a physical culture of the skin, a certain treatment which, while it makes the face pink and even red, does not injure it.

Face bleaching and face skinning often have this result, but there are other ways of obtaining the same effect without recourse to such violent means.

And one of these is the face treatment, which includes the application of fruit juices and the care of the cuticle.

In face skinning you remove the outer surface, but in face treatment you so care for the skin that you make it delicate and pretty without destroying or removing it.

PURE FRUIT JUICES.

If there are cucumbers in your vicinity you cannot do better than to procure one, even at this time of year, and apply it to the face.

There is a certain bleaching property about the cucumber which is only equalled by the fresh strawberry.

Take a basin of very hot water and

drop into it a few drops of benzoin, say about ten drops to a gallon of water.

This makes a nice milky face bath and it is one which tends to close the pores and make the skin hard again.

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